

COVID-19 & Well-Being

Changes in well-being tend to have ripple effects: if we're **sleeping** less, we might struggle to **concentrate**, feel **guilty** for being less **productive**, and work instead of seeing friends, which might make us **lonely**.

WHAT ARE THE NUMBERS?

36%
Depression
vs. 17%

43%
Anxiety
vs. 26%

US graduate students before and during the pandemic

Chirikov, I., Soria, K. M., Horgos, B., & Jones-White, D. (2020). Undergraduate and graduate students' mental health during the COVID-19 pandemic. SERU Consortium, University of California - Berkeley and University of Minnesota.

HOW ARE STUDENTS IMPACTED?

ACADEMICS



LOSS OF OPPORTUNITIES



LOSS OF WORKING ENVIRONMENT



DECREASED TIME DUE TO CHANGE IN RESPONSIBILITIES



WORRIES ABOUT PAYING FOR SCHOOL

LIFESTYLE



Changes in routine (e.g., exercise)



Amount & quality of sleep



Limited access to leisure activities

RELATIONSHIPS



Loss of social connection



Challenges to existing relationships



Increase in caretaking responsibilities



Loss of a loved one

CHECK-IN WITH YOURSELF: HOW IS YOUR MENTAL HEALTH?

Our well-being can change depending on our life circumstances. It can be helpful to check in with yourself to determine whether you might be shifting from a place of wellness to an area of concern. The signs and symptoms below are a helpful place to start.

WELLNESS



Ability to feel, express, and manage a range of emotions



Ability to form and maintain good relationships



Ability to cope with and manage changes

STRESS



Changes in concentration



Spending less time with loved ones



Changes in sleeping habits or energy



Short-term changes in eating or appetite



Feeling overwhelmed at times

MENTAL HEALTH DISORDER



Unable to carry out daily activities (e.g., showering)



Persistently anxious or down most of the day, nearly every day



Difficulty coping with daily problems

CONTINUOUS COPING

CHOOSING THE "RIGHT" LEVEL OF COPING

Choose coping skills flexibly based on your current level of well-being and what is (or is not) working for you in the moment. To maintain and/or improve your well-being you will need to use coping skills in an ongoing and active way.

Mental Wellness → Balanced Lifestyle



Find a *sustainable* exercise routine

Consult Canada's food guide



Learn about sleep hygiene



Continue to foster social connection... even if you have to get creative



Stress → Active Coping

Use opposite action – if you feel like avoiding, try approaching



Choose some coping activities that help you to **activate**



And choose other coping activities that help you to **soothe**



Mental Health Disorder → Get Help

Sometimes we need a higher level of support

2) Do you need more consistent (therapy) support?

1) Do you need immediate (crisis) support?

3) Reach out to the mental health resources that meet your needs

ABOUT US



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Through the Centre for Mental Health Research and Treatment, we aim to provide accessible mental health services and disseminate research knowledge to the community.



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